



Master Mandalas: A Mandala Colouring Book: A Unique Mindfulness Workbook & Zen Adult Colouring Book For Men Women Teens Children & Seniors Featuring ... Stress Relief & Art Colour Therapy)

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REGULAR LIST PRICE ~~£8.99~~ | ~~CDN\$ 12.99~~ | 2016 GIFT IDEAS: ADULT COLOURING

“In today’s rush, we all think too much, seek too much, want too much, and forget about the joy of just being.”

---Eckhart Tolle

Experience mindful meditation as you colour these mandala designs & patterns. For centuries, mandalas have provided an elevated level of guidance to those seeking peace, inspiration, and a deeper connection to the world around them. Use these peaceful patterns to help you find tranquility and balance in your life, and for contemplation and introspection. This colouring book for adults encourages you to use your imagination to create vibrant patterns that reveal your hidden creative potential and bring you closer to your true self. Each intricate design will draw your eye inward, shifting your focus toward your center and allowing you to fully relax your mind as you express yourself through these beautifully complex illustrations. This adult colouring book will help you find your inner calm and creativity every day.

Happy Colouring!

Product Details:

- Printed single-sided on bright white paper
- Premium matte cover finish
- Soothing seamless patterns on reverse pages
- Perfect for all colouring mediums
- High quality 60 pound paper stock
- Large format 8.5" wide x 11.0" tall pages

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Irene Vaughan:

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Lynn Jones:

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Karen Bright:

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